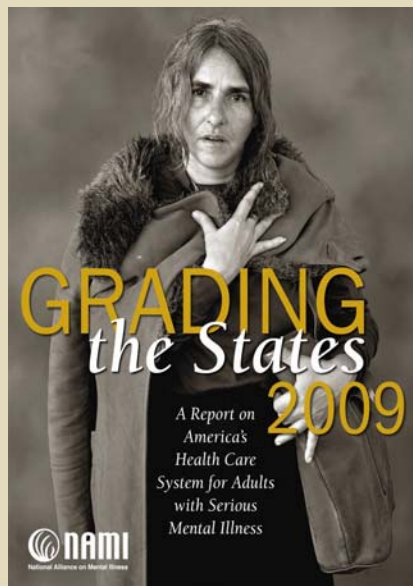


National Alliance on Mental Illness (NAMI)

Grading the States 2009

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Goals

- Advocacy and communication
- Public education
- Increase transparency/accountability
- Document changes over time
- Highlight best practices
- Identify worst practices

Data

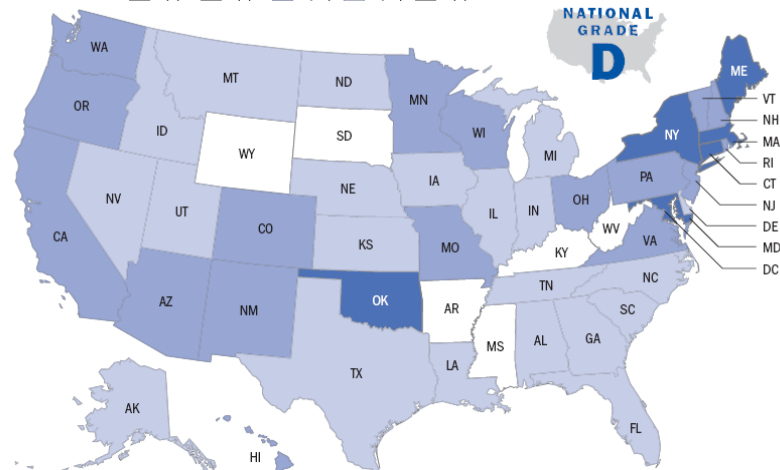
- **Data Sources:**
 - Survey of State Mental Health Agencies
 - Hospital beds (AHA)
 - Workforce shortage (Sheps Center)
 - Consumer & Family Test Drive
 - Web-based survey of consumers and family members
- What we need vs. what we have...

Four Groups of Measures

1. Health Promotion and Measurement
2. Financing and Core Treatment/
Recovery Services
3. Consumer and Family Empowerment
4. Community Integration and Social
Inclusion

Exhibit 3.1 Grading the States 2009: Overall State Grades

NAMI Score Card: ■ A (0) ■ B (6) ■ C (18) ■ D (21) ■ F (6)



National Trends - Positive

- Recovery is widely accepted
- More focus on evidence-based practices
- Growing concern about wellness, whole person
- Stronger collaborations at state and local levels
- Support for stigma reduction, public education
- Consumer and family recognition/empowerment

National Trends - Negative

- Budget cuts
- Lack of acute inpatient beds, crisis stabilization services.
- Poor data, particularly on outcomes.
- Continued fragmentation of systems and services.
- Too many people falling through the cracks.

Virginia - Strengths

- “Down payment” to increase community services
- 18 Assertive Community Treatment (ACT) programs and fidelity to model standards
- Co-occurring disorders treatment
- System for information and referrals

Virginia – Needs

- Still great need for more robust, better access to community-based services
- Housing, housing, housing
- Health care coverage for uninsured persons
- Implement jail diversion on a statewide basis
- Increase crisis stabilization capacity
- Increase acute inpatient capacity
- Can improvements be sustained in a difficult funding climate?

Recommendations

1. Housing, housing, housing

- Supportive
- Affordable, permanent
- Residential/transitional/group

“Finding decent, affordable, adequate housing is a nightmare. There are too few group homes and the ones that exist are of poor quality.”

“There is no place for him to live besides a shelter, a group home, a state hospital, or jail.”

“My main concern is supportive housing for people with mental illness. This is a basic need for all people and more so for those with a mental illness. My son needed a safe place to go at night more than anything else. There was nothing.”

2. Crisis prevention and management supports including in-home crisis stabilization and crisis stabilization units

"The PACT Program has been the answer to a prayer. I only wish it were available to all who need it."

"About a year ago I felt myself relapsing with my serious depression and other symptoms. I was able to check myself into the crisis stabilization center to get the care and attention I needed. I'm so glad I didn't have to go to the hospital. The staff was wonderful and I got back on my feet in a few days."

3. Psychiatry and medication access

"His Nurse Practitioner was absolutely a treasure in being available to adjust meds when he was having psychotic symptoms again."

"There is one psychiatrist in our county and too many patients for him to see even though he is an excellent psychiatrist and helpful to his patients."

4. Outpatient services

"The thing our family appreciates most is that they have given her confidence that she can live a normal life even though she has a mental illness. She feels like she has gotten her life back."

5. 24-hour emergency services for mental health crises
6. Job training and employment placement services
7. Acute care response including inpatient psychiatric care

"There was not a bed to be had when she needed to be admitted after trying to commit suicide."

8. Case management

"My son had a wonderful case manager who helped him apply for SSDI and helped keep him on track."

"Case managers are overwhelmed with demands for court mandated outpatient services which they do not have the capacity to fulfill."

9. Primary care integration

10. Coverage for uninsured

"He desperately wants assistance in managing this illness but the despair deepens each day. The lack of parity in health insurance coverage and treatment is a major expense."

Children's Services:

- School-based mental health
- Early intervention services
- Intensive home-based services
- Comprehensive outpatient community-based services

"We have benefited greatly from "wraparound" services in my county giving my child more intensive home support to supplement outpatient services. This has been a godsend for my child and our family."

More Information & Questions

Full GTS-09 report at
www.nami.org/grades09